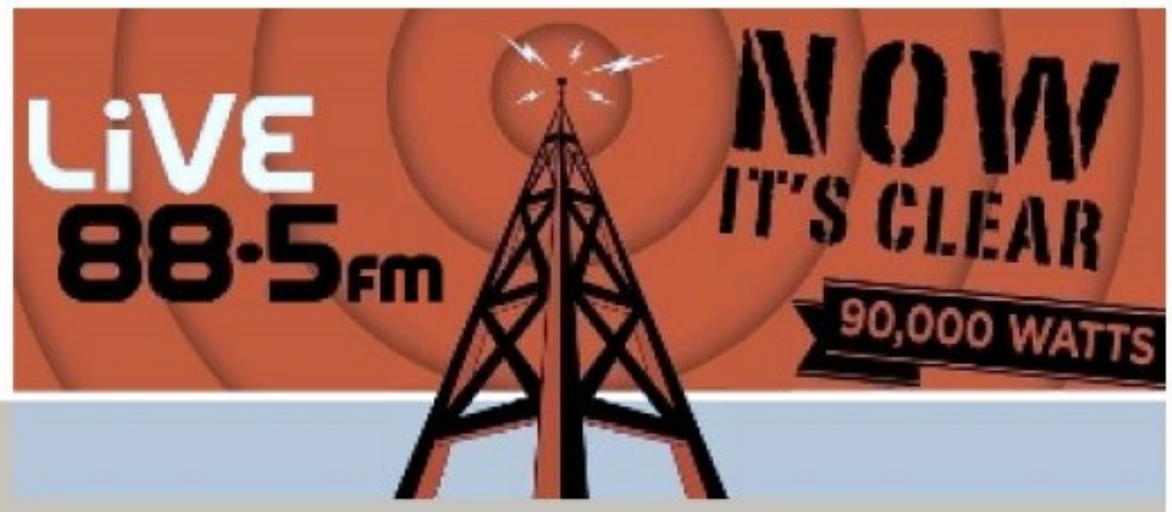
Milos misses out

Raonic fails to reach next level in Wimbledon final

metroSPORTS



Ottawa metro

Your essential daily news | MONDAY, JULY 11, 2016

High 27°C/Low 18°C Humid

INSIDE THE DALLAS SHOOTER'S FINAL HOURS

metroNEWS

SINGIN' THE BLUESFEST

Music lovers rock out in the rain on Ottawa festival's opening weekend

metroNEWS

Ottawa-born Ahmad Balshe, a.k.a. Belly, shouts out to his fans from the "6-1-3" on the City Stage on Sunday. LUCY SCHOLEY/METRO

Lowertown shooting leaves one dead

HOMICIDE

Neighbours call police after morning gunshots

Haley Ritchie
Metro | Ottawa

Ottawa Police major crimes unit is investigating after a man was shot and killed on St. Andrew Street early Sunday morning.

Tarique Leger, 19, of Montreal has been identified as the victim.

Police were called to the scene around 4 a.m. after neighbours heard gunshots. Leger was taken to hospital but pronounced dead shortly after.

On Sunday morning the block of St. Andrew Street east of King Edward Avenue was blocked off by yellow police tape. Evidence on the street had been covered with tarps and recycling bins and officers were coming in and out of a lowrise red-brick apartment at 292 St. Andrew St.

Gilles, a neighbour who asked to be identified by his first name only, said he was woken up by the sounds of gunshots.

He said he's lived in the area for over 20 years and normally the tenants next door are quiet.

After the gunshots he said he watched from his first-floor bedroom window as police arrived and tried to resuscitate the man.

Ottawa police investigate the shooting at 292 St. Andrew St. on Sunday. HALEY RITCHIE/METRO

"I couldn't go back to sleep right away. It is scary when things like that happen," he said.

Two cars — a yellow Volkswagen Beetle and a white Hyundai Accent — remained parked outside the apartment.

Another neighbour, Annemarie Grondin, said she didn't hear shots but was woken up by the flashing lights of police cars.

She didn't hear any sirens and didn't realize what had happened.

"I'm surprised, it's always shocking to think of someone losing their life," she said. "We love this neighbourhood, we love that it's very diverse and it's never felt unsafe. It's shocking."

Police have not released further details and ask anyone with information to call (613) 236-1222 ext. 5493.

2016's homicides, page 4

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metro NEWS

Your essential daily news

Prime Minister Trudeau offers a message of tolerance during visit to Auschwitz. **Canada**

Stittsville wrestler heading to Rio

OLYMPIC GAMES

Erica Wiebe wants to be a role model for athletic girls

Emma Jackson
Metro | Ottawa

After eight years of hard training, it must be hard to grasp.

Stittsville native Erica Wiebe is on her way to Rio de Janeiro as part of the Canadian women's wrestling team this summer.

She's one of six Canadian women to hit the mats in hopes of a medal.

It's her first time competing, but not her first time to the Games: she was part of the support team in London in 2012, and volunteered in Russia in 2014.

But being on the competitive roster, Wiebe said, has been completely different.

"My close friends introduce me differently when we go out for dinner," she said. "My parents are going crazy trying to wrap their heads around their daughter going to the Olympics."

She punched her ticket to Rio back in March, at an international meet in Texas.

It's stressful, but that's part of the fun, Wiebe said.

"It's all so exciting and I wouldn't do it if I didn't want this kind of pressure and this kind of challenge," she said.

Competing in the Olympics wasn't always the goal: in fact, in 2003 when Wiebe started wrestling as a Grade 9 student at Sacred Heart High School, women's wrestling wasn't even an Olympic sport.

But by Grade 12 Wiebe was competing nationally and her sport had finally joined the Games. In her yearbook, Wiebe told her classmates to "watch for me in 2012."

Well, now they can watch her in 2016.

The 27-year-old moved to Calgary in 2007 to study kinesiology while training at the country's best women's wrestling facility.

She doesn't visit enough to satisfy her parents, who still live in her childhood home south of the city, but she was back in Ottawa this June to address students at her old high school before she hits the road to Rio.

As a female wrestler in the heaviest weight class — she competes in the 75 kilogram category — Wiebe recognizes her potential to be a role model for young girls hungry for competition.

"Canada has such a strong history of success in women's wrestling, but there's still this idea that it's such a masculine sport," Wiebe said, noting she gets told all the time she doesn't "look like a wrestler."

She wants girls to know that many body types can be successful in wrestling — and still be feminine, too.

"I see myself and my teammates and all the different ways we negotiate our femininity and being badass on the mat, and that's really cool," she said.

The Olympics begin August 5.

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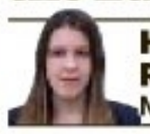
SOCCER GET YOUR CAR HORNS READY Ottawa soccer fans celebrate on Montreal Road, after Portugal defeated France 1-0 in the Euro finals on Sunday. JOE LOFARO/METRO

Bluesfest opening one soggy success

LIVE MUSIC

Fans brave the rain, rock out with bands like the Lumineers



Haley Ritchie
Metro | Ottawa

The sun was not shining on Bluesfest opening weekend – but it didn't stop music fans from rocking out in the rain.

"It speaks to the stalwart fans in Ottawa," said communications director AJ Sauve.

"How did the rain affect us? We got wet, but the show went on. People enjoyed themselves and showed up in droves for The Lumineers and The Cult."

Sauve said the festival has its owned contracted meteorologist who provides site-specific weather information to help with planning.

He said he fielded calls over the weekend from worried fans asking if concerts would be cancelled.

He pointed them to the Bluesfest FAQ, which notes that if it rains, "We all get wet."

Sauve said crowd sizes were normal despite the torrential rainfall and major power outages in the city.

Only one show — a breakdance performance by Flava Factory — had to be cancelled because the wet stage posed safety concerns.

Weather is expected to be hot but drier this week.

Sunny weather with a chance of rain is predicted when shows resume on Wednesday including Brad Paisley, The Monkees and Craig Cardiff.

More rain is possible on Thursday and Friday, according to Environment Canada.

Major crowd-drawing acts over the weekend included The Lumineers, The Cult and Earl Sweatshirt.

'All Lives Matter' sparks ire

Reviews of the shows were generally positive, but on Sunday morning a number of concert goers expressed their anger at The Cult lead-singer Ian Astbury for using the phase "All Lives Matter" on stage when referencing recent shootings in the United States.

The phase has been criticized for dismissing te role of racism in police brutality. Online criticism prompted Astbury to apologize and clarify on Twitter Sunday afternoon.

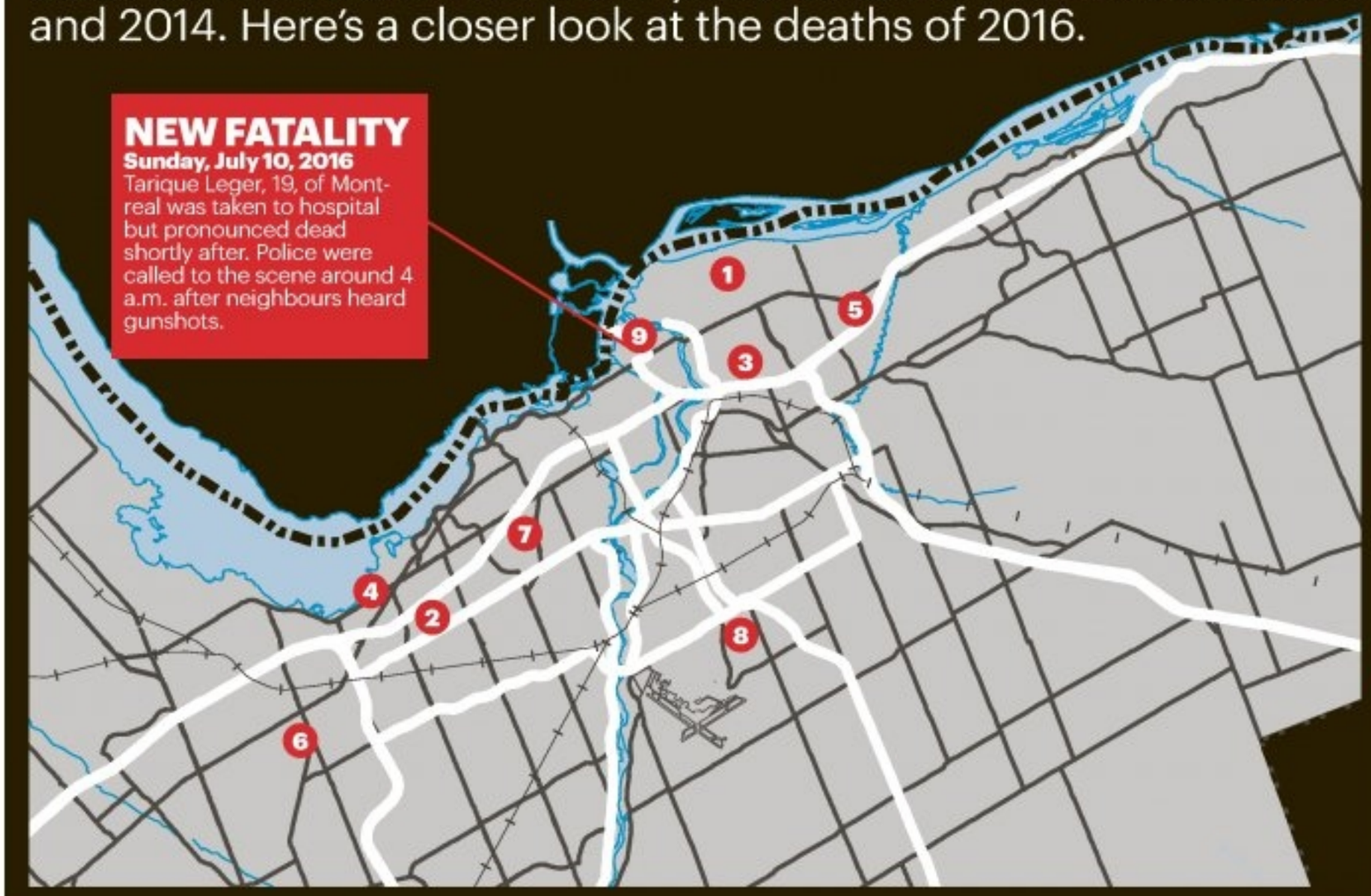
"I sincerely and deeply apologize to everyone I offended by using the phrase "all lives matter,"" he wrote.

"I fully support #blacklivesmatter and wished to show my solidarity. So disheartened to know that I have offended people of color. Thank you for enlightening me that this phrase is offensive. I shall never use it again."

MAPPED

OTTAWA'S HOMICIDES IN 2016

The shooting death of 19-year-old Tarique Leger on Sunday marks Ottawa's ninth homicide of the year. There were seven homicides in all of 2015 and 2014. Here's a closer look at the deaths of 2016.



1 Jan. 10, 2016
Mohamed Najdi, 28, was killed in a gang-related shooting outside his home on Claremont Drive in Manor Park. Five men have been charged with first-degree murder.

2 Jan. 31, 2016
Marwan Arab, 20, was shot to death while eating with his cousin at the Shifa Restaurant in Pinecrest. Police say this homicide has yet to be determined if it is gang-related; no arrests have been made.

3 Feb. 22, 2016
Mohamed Ali Hassan, 19, was stabbed 18 times near Lawson Park in Overbrook, according to police. Michael Leblanc, 26, is facing a charge of second-degree murder.

4 Feb. 24, 2016
Taylor Morrow-Flint, 20, was shot and killed in the 80 block of Ritchie Street in Britannia at 7:30 p.m. Police have not made any arrests, but last month they released composite sketches of two male suspects and are hoping to identify them.

5 March 8, 2016
Nooredin Hassan, 20
Victim was shot and killed in front of Lester B. Pearson Catholic High School in Gloucester just before 6:30 p.m. — the third homicide on Jasmine Crescent in an 11-month period.

6 March 27, 2016
Christina Voelzing, 24, was caught in the crossfire during a shooting at her home on Sonnet Crecent in Bells Corners. Ottawa PD have charged Behnam Yaali, 23, with second-degree murder.

7 May 2, 2016
Lonnie Leafloor, 56, was found by a neighbour in an apartment on Lepage Avenue in Carlington at 3:40 p.m. Police say he was stabbed in a targeted attack.

8 May 24, 2016
Nicholas Kim, 30, was taken to hospital in critical condition and received "a number of invasive treatments for gunshot wounds," according to the Ottawa Paramedic Service. He later died. A 27-year-old woman was also sent to hospital in serious condition.

5 THINGS GOING ON AT CITY HALL THIS WEEK

From the Mooney's Bay Park mega-playground to an old, crumbling Centretown eyesore, Ottawa City Hall is not taking a summer vacation this week. WITH FILES FROM EMMA JACKSON

Lucy Scholey
Metro | Ottawa

1 Playground report

The city's integrity commissioner has found unreported lobbying in the controversial Mooney's Bay Park mega-playground project. However, Sinking Ship Entertainment, the production company that signed a deal with the city, will not face any sanctions.

4 Para Transpo rules may change

More people may be allowed to ride Para Transpo, if councillors sign off on the new eligibility rules. On Wednesday, council will vote on the plan to expand the accessible transit service to people who have cognitive impairments and mental health issues. If approved, Para Transpo could get 6,000 new customers.

2 'Demolition by neglect'

A dilapidated wall of the Somerset House should be partially torn down, according to city staff. The building at the corner of Bank and Somerset Street West has long been an eyesore in the neighbourhood. Somerset Coun. Catherine McKenney said she's disappointed the heritage site has turned into "demolition by neglect."

3 A sign of new times

The City of Ottawa wants to update its sign rules to include digital displays. On Tuesday, the planning committee will discuss a review of the decade-old bylaw, which includes digital menu boards and billboards and illuminated indoor window displays. Some business owners have said it's unfair of the city to regulate signs inside shops, but neighbours have complained of too-bright displays.

5 Another flurry of debate

Council will have the final vote on the city's snow removal plan, after the transportation committee rejected an unpopular plan to delay deploying plows. Staff initially suggested the crews wait until 10 centimetres of snow accumulated before sending trucks to residential neighbourhoods. But last week councillors voted to keep the status quo of seven centimetres.

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Liberals may restore prison farms

CORRECTIONS

Gaining life skills reduces recidivism, says former inmate

Pat Kincaid credits the dairy cows on a now-shuttered prison farm in Ontario with teaching him the skills he needed to break a life-long cycle of crime and incarceration.

The 65-year-old Kingston, Ont., resident, who has spent a total of 35 years behind bars for assaults, thefts and other property crimes, hopes other inmates get the chance to benefit from a program the federal Liberal government is now considering reopening.

"There's not a program in jail, even today, that can teach those skills that the cows have taught me by working with them," said Kincaid, who's been out of prison for seven years.

"The cows taught me patience and how to control my anger, and how to deal with being upset ... I know it helped other inmates too."

> **The cows taught me patience and how to control my anger, and how to deal with being upset. I know it helped other inmates too.**
> Pat Kincaid

The 2010 closure of the country's prison farms by the then-Conservative government — six in total operating at institutions in New Brunswick, Ontario, Manitoba, Saskatchewan and Alberta — was highly controversial.

Opponents argued the decision was made without properly considering the essential skills the farms taught the participating inmates. There was also criticism that local community members had not been adequately consulted.

A town hall is also planned in Kingston at a yet-to-be-determined date, to allow local residents and other stakeholders to share their thoughts.

"If they could save another guy like me, they should keep that barn open," Kincaid said of the dairy farm where he once cleaned stalls, milked cows and helped birth calves. "It made my time go quick. I didn't even realize I was doing time when I was in the barn."

Inmates who worked on the farms — which had operated in Canada since the 1880s — were employed in farm maintenance, feeding cattle, operating milking machinery, cleaning barns, raking and bailing hay, plowing and harvesting corn, operating grain mills and trucks, tilling the land and planting crops, Correctional Services Canada said in an email to The Canadian Press.

In the 2009-2010 fiscal year, 716 inmates were employed in the prison farm program, Corrections said.

The decision to shutter the farms drew protests, particularly in Kingston, where a farm with a large dairy herd and several thousand hens, and another with an abattoir were closed.

A group of farmers and others protesting the closures banded together and bought some of the prison farm cattle auctioned off by the federal government. The cows, and the calves they've since borne, are now hosted at farms in the area.

"We're eager to have them taken back to prison and start the heard back up again," said Jeff Peters, chairman of the Pen Farm Herd Co-op. "The animals are what they call bred for docility, they're friendly, they won't kick you. And that's what the inmates needed."

In addition to helping the inmates develop a good work ethic, the farms produced food that was used to feed the prison population as well as supply local food banks, and also helped the local economy as it generated the need for fertilizer, equipment and other supplies, said Peters.

"It was a real economic engine for the farm community," he said. "There's so many reasons why the farms were a good idea."

The land the Kingston prison farms sat on is now rented out to local farmers by the federal government.

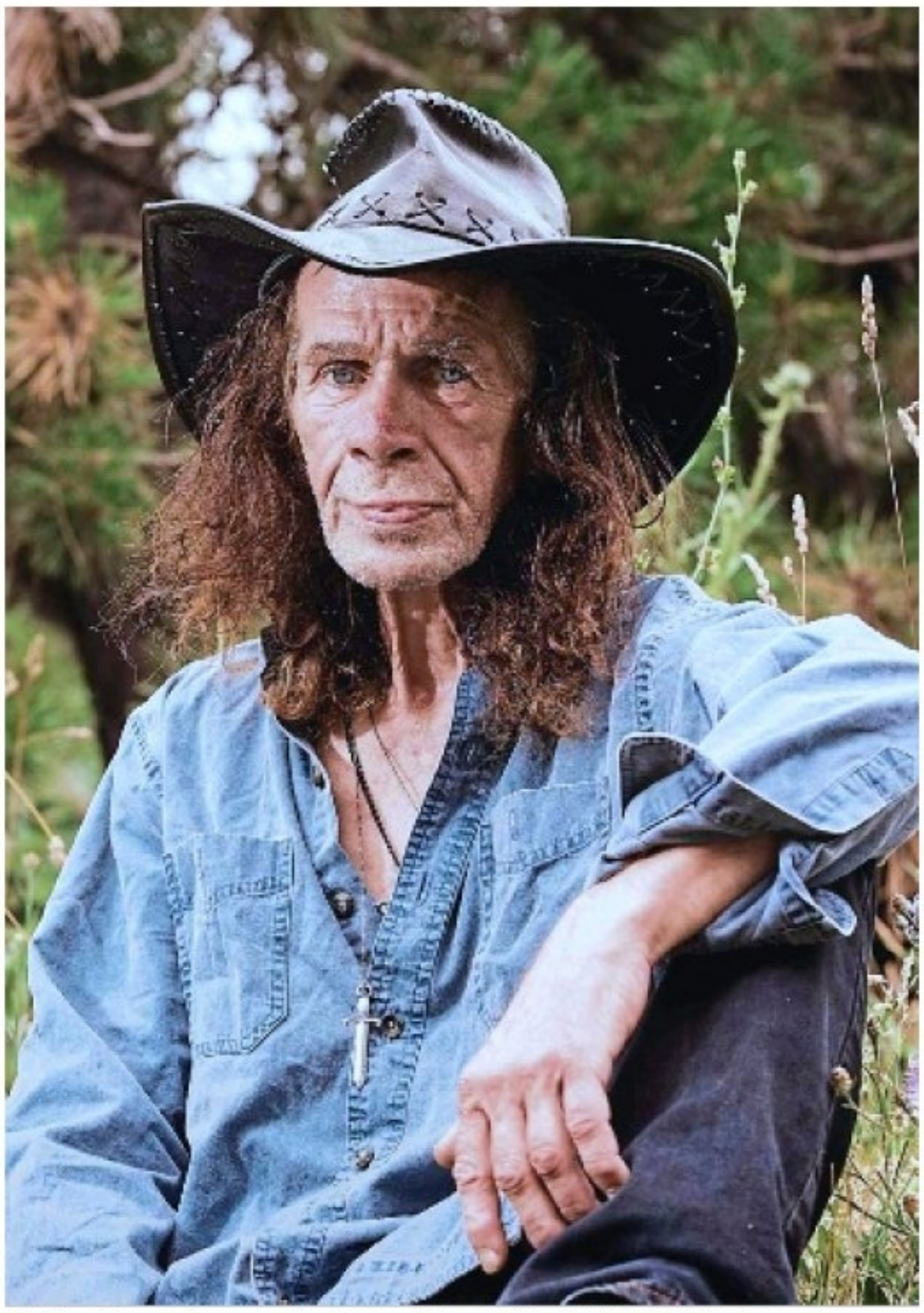
Peters and his colleagues have ideas for how to modernize any reopened farms, with suggestions of green energy use and artisan cheese production.

But before that happens, while happy the government is conducting consultations, Peters worries many people — like Kincaid — whose input is important, may not have access to a computer to take the online survey, or would prefer mailing in a letter instead.

"Consultation is great, we just want to be still part of it," he said. "The land is there, and we're determined to restore the prison farm." THE CANADIAN PRESS

HAVE A SAY

The Liberal government is now studying the possibility of reopening the farms — starting with two in the Kingston area, and is asking Canadians to weigh in on the issue through an online survey: **www.csc-scc.gc.ca/consult/index-en.html.**



Pat Kincaid poses for a portrait in Kingston, Ont., on Friday July 8, 2016. Kincaid served 4 1/2 years at the Frontenac Institution where he cared for 120 animals as part of the prison farm.
LARS HAGBERG/THE CANADIAN PRESS

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DEEP OSCILLATION THERAPY
IN OTTAWA

Graffiti exhibit shows its roots

COUNTERCULTURE

Retr-O Graff hints at city's love/hate affair with urban art

Lucy Scholey
Metro | Ottawa

The pavement outside the white, industrial-looking building is a throwback to Ottawa's earlier graffiti days.

Fish the colour of yellow parking lines swim underneath the barred windows of Loretta Studios and Gallery, near the Gladstone Theatre.

The work of Eric Grice, an urban artist once known as Go Fish and later Puzzle, was common on the Ottawa streetscape during the early 1990s.

"It was totally new to Ottawa and he was everywhere. You couldn't go a few blocks downtown without seeing a Go Fish piece," said his sister Nathalie Grice.

She has co-curated an exhibit with Charlynne Lafontaine, called Retr-O Graff, highlighting the history of an art form that some still associate with vandals or street gangs.

"I don't think there are a lot of venues that would be open to showing this kind of work," she said.

On a skateboard, there's the bubbly lettering of Montreal's Rasaka — in the style of illegal graffiti tags — but then there's also the dark, dystopic murals of Iamrurik, one which features people wearing Mickey Mouse ears and riding red-eyed dolphins.

Like her brother, Nathalie Grice is also an artist, who got her early start with a can of spray paint and a group of friends back in the day. Now she's less focused on street art, although a few of her pieces are featured in Retr-O-Graff. She describes her work as a mash-up of nature, pop culture and punk.

Most of the 14 artists are either local or once lived here. Some have been making art for more than 20 years, back before the city starting scrubbing away the graffiti tags.

Nowadays, there are three legal graffiti walls — one under the Dunbar Bridge, another at the Albert Street Education Centre and the last at the Bob MacQuarrie Recreation Complex in Orleans.

Through the Paint it Up! program, the city cuts cheques for artists to beautify drab underpasses, like the one near Isabella and Metcalfe streets.

Meanwhile, Montreal hosts an annual Mural Festival, which brings in urban artists from around the world.

But does this modern, government-accepted art contradict the punk form it once was?

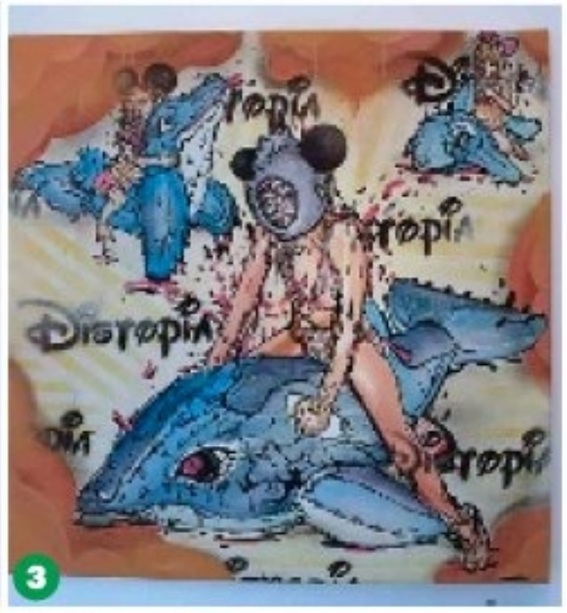
"It definitely changes the work, but I think it also gives these (artists) the opportunity to do work," said Grice.

Retr-O-Graff will be on display at Loretta Studios and Gallery, at 131 Loretta Ave. North, until July 28. On that day, the exhibit will move to Babylon for a closing bash. Lafontaine is encouraging other artists to submit their pieces for that show.

DETAILS

- Retr-O-Graff will be on display at Loretta Studios and Gallery, at 131 Loretta Ave. North, until July 28.
- After July 28, the exhibit will then relocate to Babylon for a closing bash. Artists are encouraged to submit their work.

> **"I don't think there are a lot of venues that would be open to showing this kind of work."**
> Nathalie Grice



1 Artist and exhibit co-curator Nathalie Grice with her fawn, a multimedia mash-up of nature, pop culture and punk.

2 Using markers and a skateboard, Rasaka creates the wild-style, graffiti-tagging look.

3 Prolific artist Iamrurik has been painting urban art for more than 25 years. He claims to have started as a "12-year-old skate punk spray painting KKK cartoon men being caught in the act."

4 Eric Grice pioneered urban art in Ottawa as Go Fish. Today, he takes parts of the streetscape, like bricks, and sculpts them into art.

5 Juan Carlos, who lived in Ottawa during his teen years, teamed up with Snakeboy for a series of urban art sketches.

ALL PHOTOS: LUCY SCHOLEY/METRO

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'Tsunami' of waste

FORT MCMURRAY

Landfill manager talks trash cleanup post-wildfire

When you're pounded with the big waves, you'd better learn to surf.

"The demolition material is going to come in pretty much in a tsunami-like effect," says Fred Thompson-Brown, manager of Fort McMurray's landfill. "We've been busy throughout and it's just getting busier."

The wildfire that ravaged the oilsands city is finally under control and many of its more than 80,000 evacuees are back in their homes. Services are restored and residents are working to bring life back to normal.

But normal is a long way off for the man at the centre of a mind-bogglingly large and occasionally toxic cleanup still very much under way.

Put this in your garbage truck and haul it: A typical urban home generates between 97 and 175 tonnes of waste after a fire. Fort McMurray lost 2,400 homes and buildings.

Give or take, that's 338,400 tonnes of ash, soil, concrete, metal and miscellaneous bits and bobs — some of it as caustic as oven cleaner or loaded with toxic lead or arsenic. That's fully a third more waste than the landfill accepted in all of 2015. It'll take up to 47,000 truckloads to haul it.

If that isn't daunting enough, consider that in June, the landfill took in 11,437 fridges and freezers. All had to be emptied of rotting food, drained of their gas and crushed.

"It's not a simple commodity," deadpans Thompson-Brown. "And they're still coming in. It's 10 years' worth in six weeks."

He's earned the right to be calm. Throughout the entire blaze, the landfill was closed for exactly four days, from May 6 to May 10. By the time residents began to filter back on June 1, a lot of rubble had already been cleared and homeowners had big, empty bins waiting to haul away waste and let them rebuild.

"There was a bit of a mini-tsunami of that material," says Thompson-Brown, using a word he repeats a lot.

"All of the bins had been left for all the commercial properties that had to be cleared. All the big stores were just churning material in our direction pretty much from the get-go."

THE CANADIAN PRESS

Fred Thompson-Brown stands on Friday amid refrigerators destined for recycling. SEAN MCLENNAN/THE CANADIAN PRESS

Auschwitz survivor Nate Leipciger embraces Prime Minister Justin Trudeau after presenting him with a book as director of the Auschwitz-Birkenau State Museum Dr. Piotr Cywinski, back left, and Rabbi Adam Scheier look on. PHOTOS: ADRIAN WYLD/THE CANADIAN PRESS

Trudeau stands in front of the Wall of Death after laying a wreath during the tour.

Trudeau walks through the main gate with Foreign Affairs Minister Stephane Dion, second from right.

POLAND

Trudeau in emotional visit to Auschwitz

Prime Minister Justin Trudeau arrived in Ukraine after an emotional visit Sunday to the scene of one of the worst chapters in human history, the Auschwitz-Birkenau concentration camp, where he warned against intolerance and offered a message of love.

The blue skies and sunshine were a sharp contrast to the history of the camp as the prime minister walked past barbed wire fences and surveyed the gas chambers where more than one million people, mostly Jews, were killed in the Second World War.

Trudeau was stone-faced through most of the visit as he was escorted by one of the camp's survivors, 88-year-old Nate Leipciger. But the prime minister couldn't hold back the tears as he stood before the ruined gas chamber where Leipciger's mother and sister were murdered more than 70 years ago.

The prime minister didn't speak much during the nearly three hours he spent walking through the camp. But he did leave a message in a guest book kept by the Auschwitz-Birkenau State Museum.

"Tolerance is never sufficient," he wrote. "Humanity must learn to love our differences.

"Today we bear witness to humanity's capacity for deliberate cruelty and evil. May we ever remember this painful truth about ourselves, and may it strengthen our commitment to never allow such darkness to prevail.

"We shall never forget."

In an interview afterward, Leipciger, who has served on different Holocaust remembrance committees in Canada, said he tried to convey to Trudeau "the tragedy of what men did to men, the hatred which drove on group of people to murder another."

After visiting Auschwitz-Birkenau, Trudeau flew to Ukraine where he was to express Canada's solidarity with the country and sign a free trade agreement.

THE CANADIAN PRESS

IN BRIEF

Cape Breton tourism feels effect of 'Trump Bump'

A Nova Scotia island being touted as a haven for Americans unhappy with the prospect of a Donald Trump presidency has seen more than a threefold increase in traffic to its tourism website this year, translating into around 3,500 bookings.

Cape Breton hotels and B&Bs sold 30 per cent more overnight stays in rooms this April compared to the same month last year, according to Nova Scotia tourism. THE CANADIAN PRESS

ANIMALS

Runaway puppy saved from coyote attack in Calgary

Brodie Thomas
Metro | Calgary

Olive the dog had a very "ruff" day on Saturday, but it could've been a lot worse were it not for the actions of some brave bystanders who stopped a coyote attack.

It all began when the one-year-old black lab's owner, Brent McConnell, was getting ready to take her for a walk. She was beside him in his Edgemont garage when she bolted towards the road. Although he didn't see exactly what happened, McConnell believes that Olive ran into a moving vehicle, which he notes wasn't moving too fast.

Not injured, but definitely spooked, Olive ran off leaving McConnell, along with several members of his family, to mount a search party.

Meanwhile, several people driving near Nose Hill Park spotted Olive making her way up Shaganappi Trail.

Kendra Scurfield had been driving back from the airport when she saw Olive. She pulled over and for a time was able to capture the pup with help from other motorists, until Olive wriggled loose from her collar and bolted again into the park.

Olive the dog
COURTESY BRENT MCCONNELL

"Then we see she found another dog. Then several dogs. And one of the guys goes, 'No, no. Those aren't dogs. Those are coyotes.'"

Zac Wulf Gillrie had pulled over to see what the commotion was. As soon as he got out of his car, he could see a pack of at least five coyotes circling around Olive and nipping at her. He along with several other men ran into the park to scare them off.

Gillrie worked as a ranger for the province in the past, and he wasn't too concerned about the coyotes. "The dog was extremely afraid — but of course you heard that Olive had been hit by a car — the coyotes sensed that."

Even once the coyotes were gone, Olive was still frightened and she wouldn't go towards any of her would-be helpers. They managed to chase her back towards Edgemont. Luckily, she recognized her own home and ran there. She was taken to a veterinarian where she was kept overnight for observation.

Dallas suspect taunted police during standoff

SHOOTINGS

Authorities say gunman had personal arsenal at home

The suspect in the deadly attack on Dallas police taunted authorities during two hours of negotiations, laughing at them, singing and at one point asking how many officers he had shot, the police chief said Sunday.

The chief and the county's most senior elected official also said Micah Johnson had larger attack plans and possessed enough explosive material to inflict far greater harm.

"We're convinced that this suspect had other plans and thought that what he was doing was righteous and believed that he was going to target law enforcement — make us pay for what he sees as law enforcement's efforts to punish people of colour," Brown told CNN's State of the Union.

Johnson, a black Army veteran, insisted on speaking with a black negotiator and wrote in blood on the wall of a parking garage where police cornered and later killed him, Brown said.

The gunman wrote the letters "RB" and other markings, but the meaning was unclear. Investigators are trying to decipher the writing by looking through evidence from Johnson's suburban Dallas home, Brown said.

The writing suggested that Johnson was wounded in a shootout with police. An autopsy will confirm exactly how many times he was hit, Dallas County Judge Clay Jenkins said.

Authorities do not "have any independent report from an officer saying, 'I think I hit him,'" Jenkins said.

The police chief defended the decision to kill Johnson with a bomb delivered by remote-controlled robot, saying negotiations went nowhere and that officers could not approach him without putting themselves in danger.

Brown said he became increasingly concerned that "at a split second, he would charge us and take out many more before we would kill him."

The shootings marked the deadliest day for U.S. law enforcement since the Sept. 11, 2001, terrorist attacks. In all, 12 officers were shot just a few blocks from where President John F. Kennedy was slain in 1963.

So far, the evidence points to the attack being a "crime of opportunity," Jenkins said.

Investigators believe Johnson had been practicing and training for a long time and probably learned of the protest from social media and concluded there would be many police present.

Authorities have said the 25-year-old gunman kept a journal of combat tactics and had amassed a personal arsenal at his home that included bomb-making materials.

The fact that Johnson had material for explosives and talked of using homemade bombs during the standoff with police indicated he could have inflicted more damage with more time, Jenkins said.

Federal agents are trying to trace the origin of the weapons used in the attack, including a military-style semi-automatic rifle.

The attack began Thursday evening while hundreds of people were gathered to protest the police killings of Philando Castile, who was fatally shot near St. Paul, Minnesota, and Alton Sterling, who was shot in Louisiana after being pinned to the pavement by two white officers.

Video showed protesters marching along a downtown street about half a mile from city hall when shots erupted and the crowd scattered, seeking cover. THE ASSOCIATED PRESS

Police officers join parishioners of First Baptist Church in Dallas, Texas, as they gather on Sunday to pray for victims of Thursday's attack. LAURA BUCKMAN/AFP/GETTY IMAGES

> "If this had not been a crime of opportunity where the protest was quickly organized in response to events in the same week ... he could have caused a lot more harm than he did. Dallas County Judge Clay Jenkins

THE SUSPECT

- **Micah Johnson** was a private first class with a specialty in carpentry and masonry.
- He served in the Army Reserve for six years starting in 2009 and did one tour in Afghanistan from November 2013 to July 2014, the military said.

ALTON STERLING

Protests continue in Baton Rouge

Officers with rifles were blocking the ramps to keep protesters off Interstate 10 in downtown Baton Rouge Sunday, and about 130 people have been taken into custody as marches continue over shootings by police.

Gov. John Bel Edwards said he's "very proud" of the Louisiana law enforcement response to protests over the fatal shooting of a black man, Alton Sterling, by white police officers in the city.

Flanked by law enforcement leaders, Edwards said he doesn't believe officers have been overly aggressive by using riot gear to push protesters off a highway.

"The police tactics in response have been very moderate. I'm very proud of that," said the Democratic governor, who comes from a family of sheriffs.

Tensions between black citizens and police have risen palpably over the past week or so amid police shootings of African-American men in Minnesota and Louisiana and the gunning down of five white police officers by a black suspect in Dallas in apparent retaliation.

"I remain disappointed in the Baton Rouge police, who continue to provoke protesters for peacefully protesting. There's a lot of work to be done, with this police department specifically," said DeRay Mckesson, a prominent Black Lives Matter activist who embraced supporters Sunday after spending the night in jail.

The Baton Rouge police spokesman, Sgt. Don Coppola, blamed some violence and the large number of arrests on outside agitators. One officer lost teeth to a projectile thrown outside police headquarters, and police also confiscated three rifles, three shotguns and two pistols during that protest, he wrote in an email.

The tumult reached well beyond Louisiana. In Minnesota, authorities said 21 law enforcement officers were hurt and about 100 people were arrested late Saturday and early Sunday during clashes in the state capital over the police killing of Philando Castile. THE ASSOCIATED PRESS

Protesters in Baton Rouge, La., Sunday. THE ASSOCIATED PRESS

CLASHES

New wave of violence hits South Sudan

South Sudan's capital was rocked Sunday by heavy arms fire between forces loyal to the president and those of the vice-president, causing widespread casualties and raising fears the country is returning to civil war.

The fighting began in the morning and continued until about 8 p.m. local time, when a large thunderstorm seemed to put a damper on the violence, said UN mission spokeswoman Shantal Persaud. She confirmed that a UN armoured personnel carrier was hit by a shell at a camp to protect civilians. UN peacekeepers in the vehicle were wounded, said witnesses.

"We have a lot of casualties this side, I think around 50 to 60 besides those of yesterday," said Budbud Chol, who oversees security at a clinic in the base. "We have rocket-propelled grenades that have landed in the camp which has wounded eight people." Among the wounded are five children and two women, he said. THE ASSOCIATED PRESS

ELECTION

Australian leader claims win, questions remain

Eight days after Australia's general election ended in uncertainty, the prime minister finally claimed victory Sunday for his conservative coalition, bringing an end to the country's political paralysis — for the moment.

With official results still pending, it was unclear whether Prime Minister Malcolm Turnbull's Liberal Party-led coalition had won enough votes to govern in its own right. THE ASSOCIATED PRESS

SAN DIEGO

Third victim dies in attacks on homeless

A man injured during a series of attacks on homeless men in San Diego died at a hospital Sunday — bringing the death toll to three, police said.

Dionicio Derek Vahidy, 23, died four days after he became the fourth and final victim in the attacks, police said. Vahidy had been in grave condition since Wednesday and had not been expected to survive.

Vahidy was from San Diego and was homeless, police said. He was attacked at an apartment complex downtown, police said. A witness pulled away a burning cloth that the attacker put on him before fleeing.

In the days before the attack on Vahidy, two other men were killed and a third was severely injured. Three victims were sleeping alone, and two were set on fire.

On Thursday, Anthony Padgett, 36, was arrested on suspicion of murder, attempted murder and arson in the attacks. THE ASSOCIATED PRESS

Startup hopes to cut bills

ELECTRICITY

EnPowered groups users to negotiate bulk rates

What preoccupies 24-year-old Tomas van Stee most is electricity bills.

Energy may not be the most popular industry for startups — but van Stee saw an opening.

"If this industry is this hated, that must mean there's an opportunity to fix it," he said.

The same day electricity prices rose again in Ontario earlier this year, van Stee launched a project offering bulk rates to people who use most of their electricity during the day.

On May 1, he introduced his company EnPowered's "group-buying" service. It puts all the customers who use 50 per cent or more of their electricity during the day into one buying group. The group becomes a large-volume user, allowing them to pay less.

It's van Stee's way of helping "fix a broken industry," he says. Electricity prices have soared over the past decade in part to compensate for the artificially low rates of the past, and in part due to Ontario's promotions of wind and solar power.

Van Stee came up with his idea after he learned his parents had locked into an expensive electricity contract with a private utility. Utilities in Ontario have been criticized for convoluted and unnecessary charges, ballooning individuals' bill costs.

Tomas van Stee poses at Velocity Garage, a startup incubator operated by the University of Waterloo in Ontario. TORSTAR NEWS SERVICE

He's consulted with about a dozen small businesses in setting up the project and is introducing them to group buying, which he says should save them just under $1,000 a year.

The market rate is designed for large users whose electricity is running at all times and for whom peak rates would cause astronomical pricing. When van Stee has 25 customers or five small businesses, he sets up a volume account with the utility, which switches them over to market pricing as if they are part of a larger entity.

"I can go to a supplier and say, 'I'm not just representing one home; I'm representing 100 homeowners,' " van Stee explains. "Suddenly, that volume is as big as a factory and you can … negotiate better pricing."

Van Stee says he can help those who use most of their electricity during the day because in Ontario, electricity prices fluctuate according to the time of day. The peak period is 11 a.m. to 5 p.m. on weekdays, when prices rise to 18 cents a kilowatt hour.

80 cents

The amount EnPowered says it makes a month from an average household — about 1/10th of a penny per kilowatt hour.

He says he can't help the average homeowner — who uses about 36 per cent of their power during the day — because the savings aren't worth it yet.

Despite the little competition van Stee faces, he acknowledges people may be skeptical "of companies promising energy savings because of the history in the industry."

Van Stee started the company last June after quitting his job at a Toronto consulting firm he'd worked at since graduating from university.

He'd always wanted to be an entrepreneur, making it the focus of his degree at Western University's Ivey Business School. Energy wasn't part of the plan, but when a friend introduced him to the sector, "I started looking into it and just realized how bad it was," says van Stee, who was born in Holland and grew up on an Ontario dairy farm.

EnPowered is almost entirely funded out of his pocket, except for a $5,000 grant from the City of Kitchener.

Van Stee runs the business out of University of Waterloo's Velocity Garage in Kitchener, a start-up incubator. Friends and former colleagues have also lent hands, van Stee said.

EnPowered makes about 1/10th of a penny per kilowatt hour, which he says add up to about 80 cents a month from an average household.

"So literally pennies," van Stee said.

TORSTAR NEWS SERVICE

STUDY

Women retire in poverty

During their working years, women tend to earn less than men, and when they retire, they're more likely to live in poverty.

These are women who raised children and cared for sick and elderly family members, often taking what savings and income they do have and spending it on things besides their own retirement security.

The National Institute on Retirement Security, a non-profit research centre in the U.S., reports that women are 80 per cent more likely than men to be impoverished at age 65 and older. Women age 75 to 79 are three times more likely.

While experts cite a pay gap as a major cause for retirement insecurity, other factors play a role, from single parenthood and divorce to the fact that women typically live longer than men.

Joan Entmacher, vice-president for family economic security at the National Women's Law Center, says "the solution to the retirement (funding) crisis starts with the earnings and wage gap."

That gap narrowed between the 1970s and 1990s, but stopped shrinking in 2001. Women earn about 76 cents to 79 cents on the dollar, compared with men.

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IN BRIEF

Canada Post drops lockout threat

Canada Post has backed off a threat to lock out 50,000 of its unionized workers on Monday.

Talks resumed today and Canada Post has issued a statement that says it has withdrawn its lockout notice.

Canada Post could have locked out its workers at 12:01 a.m. ET Monday.

THE CANADIAN PRESS

G20 ministers reiterate calls for free trade

Trade ministers from the G20 nations have called on their governments to roll back anti-trade measures that have become more pervasive than any time since 2009.

Following a meeting in Shanghai, they backed a set of nine core principles for global investment policymaking ahead of the G20 summit in Hangzhou.

THE ASSOCIATED PRESS

TOURISM

Alberta hopes success in Rocky Mountain will spread

Alberta's Rocky Mountains are once again bursting with visitors in what could be another banner year, but the government is hoping to get more tourists spending in other areas of the province as well.

"The Rockies are often the hook to get those international travellers to come," says Shelley Grollmuss, vice-president of industry development at Travel Alberta.

"And then we work very hard with our industry partners to try and build road trips or other itineraries, where they can go into other areas of the province and explore."

It's all part of the province's plan to boost tourist spending from the $8.3 billion in 2014 to $10 billion by 2020, and to increase jobs in the industry as it works to further diversify an economy that has been heavily reliant on oil and gas.

Grollmuss says tourist numbers are helped by a low dollar that helps make Canada less expensive and more attractive to international visitors.

Tourists take in the views from the Glacier SkyWalk near the Columbia Icefields in Jasper National Park. THE CANADIAN PRESS

An increase in direct international flights is also helping, Grollmuss says.

Hainan Airlines recently launched a direct flight from Beijing to Calgary at the end June, while WestJet started flying direct to London in May.

But attendance at national parks in Alberta is making other attractions pale in comparison. Banff saw an eight per cent jump to 3.9 million visitors, Jasper was up five per cent to 2.3 million, and Waterton Lakes rose 16 per cent to 486,000 visitors for the financial year ended in March.

THE CANADIAN PRESS

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Monday, July 11, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

My boss showed up at my office team's after-hours function and ordered one of my colleagues to change seats so that he could have it. Is there anything anyone could have done about this?

Hi Ellen,

Our office team had a casual get-together. The manager arrived late, walked up to a person sitting in the middle of the table and told him, "I'll have this seat; you can go sit over there." The person obediently moved to the less desirable seat. I was shocked. Was the manager abusing his authority? What is the office etiquette in this situation? If it happens to me, should I obediently give up my seat, or speak up and risk getting fired?

Signed,
Mary

Dear Desperate,

I'm outraged on your behalf, but not actually shocked.

There's an artist named Jenny Holzer, whose work in the 1980s included neon signs spelling out slogans, and one in particular always stayed with me: "Abuse of power comes as no surprise." I first saw that piece when I was working for a series of friendly bosses, who were talented, encouraged good work, and were huge fun in social situations. But their many small abuses of power ultimately drained all respect I had for them as individuals.

It's so weak for anyone in a position of authority to take advantage of their situation, to claim attention and small luxuries for themselves after office hours when they're already enjoying a higher salary and the power to control people's lives during the workday. And for you, the employee who isn't quite sure whether you're kicking back and relaxing as equals, or whether you're still at the beck and call of that smarmy b—d, it can be confusing and exhausting.

At least with a blatantly evil boss there's no pretence of mutual affection or respect.

At least with a blatantly evil boss — the kind who gets off on torturing employees with overwork, underappreciation, passive-aggressive mind games or outright lying about raises and promotions, etc. — there's no pretence of mutual affection or respect. With the BEB, you can at least spend many a pleasant hour (ideally, on company time) fantasizing about the day you find a better job and can crush them with a devastating exit speech. Or, even better, maybe you'll find something on the photocopier that will make it morally justifiable to blackmail them in order that you may ascend to the Iron Throne, whereupon you wouldn't actually physically torture them (torture is never justified), but they wouldn't know that, and they would really regret how crappy they were to everyone and suddenly realize how awful it is to be under someone else's thumb.

As for the etiquette in the situation you describe, your co-worker, by quietly moving to another seat, displayed far better manners than your flagrantly discourteous boss. And though no one's likely to get fired for refusing to give up a seat in a bar, we all know the trickle-down effect of not sucking up 24/7 to a power-tripping authority figure.

So if it happens to you, button your lip, do what you're told, and don't make the mistake of thinking your power-abusing boss is a friend.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Courts are proving that homelessness isn't just a fact of life

Some things seem intractable, until they are not.

In May, 2015, Medicine Hat, Alta., was basking in glowing headlines as the first city in Canada to claim it had eliminated homelessness, having created housing for people who had none and doggedly encouraged them to move in. It was a victory — and proof that one is possible — but it was not to be repeated by authorities elsewhere with any speed. Homelessness is still treated by most Canadian cities as unsolvable.

And that has forced courts to become our sometimes unwitting moral compass.

Last week, a B.C. Supreme Court judge ordered the disbandment of a swelling, controversial tent city outside a provincial courthouse in Victoria, and simultaneously handed its homeless dwellers and their advocates a legal victory. Chief Justice Christopher Hinkson ruled not only that the camp had become too unsafe — noting garbage, discarded needles and condoms, aggressive dogs, a changing population, and at least two rats nests — but also that the province couldn't just force people to pull down their tents; it has to find everyone a place to live by Aug. 8.

It's not the first time this judge has shamed politicians into more ethical treatment of their homeless constituents. Eight years ago, in another B.C. Supreme Court case, Hinkson ruled that homeless people's charter-enshrined right to security of the person means they should be allowed to camp in city parks. In response, the City of Victoria enacted a bylaw against propping up tents in the daytime. But the measure doesn't extend to provincial land, such as the courthouse premises; hence the so-called "Super InTent City," which quickly flourished after appearing last year.

Victoria has a long, troubled history of homelessness, one many say has been inflamed by the tent-city legal battle. "It has drained Victoria of its compassion" was the diagnosis from beloved Times-Colonist columnist Jack Knox.

But advocates are also calling it a "historic victory." It certainly marks another crucial legal ruling. And once again it puts the courts on the moral high ground above ineffectual politicians: As the judge allowed the tent city to endure, the province was forced to act. In the last year, it "secured more than 300 units of transitional and permanent housing for people who are homeless," the Times-Colonist reported, and $26 million in further funding. It's not a magic pill, but at least it's something. At least we have this very low bar, now, set by the courts: We all deserve a home.

The trouble now will be finding leaders outside Medicine Hat willing to believe it.

Search for 'Nth Wave,' Rosie's new podcast, on iTunes, Stitcher and Soundcloud.

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I feel that being a mum means you have a very real stake in the future of our country, a tangible stake. She possibly has nieces, nephews, lots of people, but I have children."
Britain's Conservative leadership candidate Andrea Leadsom, right, claiming she has an advantage over rival Theresa May, left.

Fertility apps rarely bear out

REPRODUCTIVE HEALTH

New study looks at 95 tools that claim to predict ovulation

When Jenn Tesluk and her husband decided to have kids, she tried two apps that showed her ovulation days, but each one gave a different answer. When either app told her she was ovulating, ovulation test strips didn't back it up. MARCUS OLENIUK/TORSTAR

There are dozens of smartphone and web apps women use to avoid pregnancy — but do they actually work?

Most don't, according to a new study from Georgetown University researchers. The peer-reviewed research, published in the latest issue of the Journal of the American Board of Family Medicine, looked at nearly 100 fertility awareness apps and found a majority aren't designed for avoiding pregnancy, nor based on evidence-based fertility awareness-based methods women often use to track their cycles — some to avoid conception, and others to aid in conceiving.

"I don't think the apps are necessarily helping women as much as they purport they are," says the study's lead author, Dr. Marguerite Duane, an adjunct associate professor at the Georgetown University School of Medicine and executive director of Fertility Appreciation Collaborative to Teach the Science.

And that's concerning, Duane says, given how popular these apps are becoming. The top apps have been downloaded more than one million times each, her study notes.

The research looked at 95 apps in total, but eliminated 55 off the top because they either had a disclaimer prohibiting use for avoiding pregnancy or didn't claim to use evidence-based fertility awareness-based methods, which help predict fertile and infertile times in a woman's cycle — systems such as the sympto-thermal method, which involves recording fertility clues like a woman's basal body temperature, mood, and cervical secretions.

> **It's always much better to chart for yourself, rather than using a one-size-fits-all app.** Dr. Yolanda Kirkham

Duane wouldn't recommend these apps for women trying to avoid pregnancy. "But if you want to track one of your periods coming, that's completely different," she adds.

When it came to the 40 apps Duane's team did review, 30 predicted fertile days for users and 10 didn't. The researchers entered in seven different "cycles" to test each app, with data that varied in cycle length and fertility observations — reflecting the diversity of real women.

While many women swear by apps, citing success stories like longtime pregnancy prevention or conception on the first go, others find them useless. Some women also end up using apps for both purposes — at first preventing pregnancy, then later in an attempt to conceive.

Pickering resident Jenn Tesluk also used an app to track her cycles while using different forms of birth control — from condoms to the NuvaRing — and eventually just to check when she'd be getting her period after she stopped using various birth control methods. But she didn't feel like the apps were totally reliable beyond period tracking. When it came to avoiding pregnancy, "we were just lucky," she says.

Later, when Tesluk and her husband Matt decided to have kids, she tried two different apps that showed her ovulation days, but each one gave a different answer.

"It was really frustrating," she says. Her cycles, she adds, are a bit longer than the average woman — around 35 days, instead of the typical 28.

If apps are using that "typical" menstrual cycle, that might explain why many women wouldn't find them accurate, notes Dr. Yolanda Kirkham, an obstetrician-gynecologist at Women's College Hospital and St. Joseph's Heath Centre.

While Kirkham always encourages her patients to learn more about their cycles, she says the apps merely act as a tracking tool — and should be coupled with speaking to your doctor and learning how to gauge your own body.

"We can't rely just on computers. They don't know you personally. It's always much better to chart for yourself, rather than using a one-size-fits-all app," Kirkham says. TORSTAR NEWS SERVICE

CHECK IT OUT

Which widgets are accurate
Out of the 30 apps predicting a woman's fertile days, Dr. Marguerite Duane only recommends the top-rated apps in the study: **Ovulation Mentor, Sympto.org, iCycleBeads, LilyPro, Lady Cycle, and mfNFP.net** — which all had either a perfect score on accuracy or no days of fertility labelled as infertile.

AUGMENTED REALITY

Watch your step, would-be Pokemon Go masters

Beware: Pokemon Go, a new smartphone game based on cute Nintendo characters like Squirtle and Pikachu, can be harmful to your health.

The "augmented reality" game, which layers gameplay onto the physical world, became the top grossing app in the iPhone app store just days after its Wednesday release in the U.S., Australia and New Zealand. And players have already reported wiping out in a variety of ways as they wander the real world — eyes glued to their smartphone screens — in search of digital monsters.

The game was created by Niantic Inc., a San Francisco spinoff of Google parent Alphabet Inc. that previously became known for a similar augmented-reality game called "Ingress."

To play, you fire up the game and then start trekking to prominent local landmarks — represented in the game as "Pokestops" — where you can gather supplies such as Pokeballs. Those are what you fling at online "pocket monsters," or Pokemon, to capture them for training. At other locations called "gyms"— which may or may not be actual gyms in the real world— Pokemon battle one another for supremacy.

Naturally, the game has also induced people to post pictures of themselves on social media chasing creatures in all sorts of dangerous situations.

Zubats and Paras have appeared on car dashboards. Caterpies have been spotted at intersections. Ankle injuries, mishaps with revolving doors and walking into trees have been among the painful results.

Lindsay Plunkett, a 23-year-old waitress in Asheville, North Carolina, made a point on Friday of parking six blocks away from the restaurant where she works, instead of the usual three. "Just so I could get some more Pokestops on the way," she says.

She's still nursing a bruised shin from the previous night, when she and her boyfriend spent hours wandering downtown in the rain. She tripped over a cinder block that had been used as a doorstop at a local women's museum.

THE ASSOCIATED PRESS

Lindsay Plunkett,23, tripped over a cinder block doorstop while playing Pokemon Go. JUSTIN HARRISON VIA AP

YOU CAN DO THIS PERSONAL TRAINER/ FITNESS INSTRUCTOR

Let's get physical

WHY I LIKE MY JOB

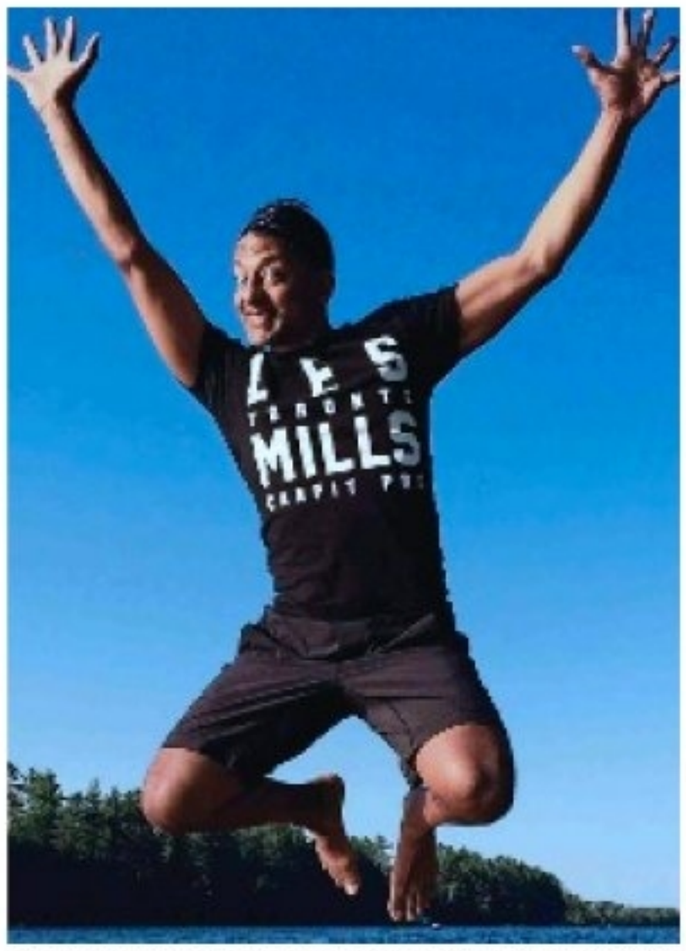
Stephen Sinanan, 41, Group Fitness Instructor at GoodLife Fitness in Toronto

I help people reach their fitness goals and potential. I've always been passionate about physical fitness, but it wasn't until my mid-30s when I realized I could convert this passion into a fulfilling career.

I made the decision to gradually part ways from a position in the publishing industry and started an accelerated training program in group exercise fundamentals. Several years later I still find my job the most rewarding thing I have done in my professional life. Seeing the excitement in participants' faces and knowing when they hit their fitness milestones is pure joy.

I landed my first gig as a Body Combat instructor with GoodLife Fitness. Since then I've progressed to teach a variety of fun programs that include dance, yoga, HIIT (high-intensity internal training) and aqua.

The job is more than just inspiring people to achieve five more push-ups; it's also about giving people the skills to deal with stress in a positive way. Nothing beats an endorphin rush to wash away the day's worries. Finally, connecting with people — both in and out of the studio — is what fuels my passion. I'm happy to know that I help people become the best version of themselves.



Stephen Sinanan can be found on Instagram @divasteve

THE BASICS: Personal trainer/ Fitness instructor

$39,473

Median salary for an intermediate-level personal trainer/fitness instructor. Those who master their skills in sports nutrition and training program development can earn up to **$86,000 annually.**

+8%

Projected rate of job growth over the next 8 years.

Data for this feature was provided by payscale.com, service-canada.gc.ca, canadianfitness.net, goodlifefitness.com and onetonline.org.

HOW TO START

Although there is no formal educational requirement to jump into a career as a personal trainer or fitness instructor, most professionals find success in this field with a post-secondary credential in a health- or fitness-related discipline. The Can-Fit-Pro certification is a popular starting point, as students will learn the fundamentals of running personalized programs aimed at improving strength, flexibility and cardio fitness.

WHERE YOU CAN GO

Most professionals find work in recreation centres, gyms, resorts and hotels, or in private homes. A recent epidemic of sedentary living has resulted in an influx in heart disease, obesity, depression and other life-altering illnesses, and physical fitness is often prescribed as the most beneficial treatment. As such, more people are signing up for fitness classes and training plans to help lead healthier lives.

NEXT CAREER STEP

Those seeking career advancement may choose to pursue a degree in physical education, kinesiology or exercise science to obtain a position as head trainer, gym owner or fitness director. There are also a variety of senior-level roles centred on physical rehabilitation, weight management, nutrition, and program development.

Your personal economy

PERSONAL FINANCE

The right plan is always more relevant than market changes

Gail Vaz-Oxlade
For Metro Canada

Don't let market fluctuations affect your financial plans. ISTOCK

Have you ever noticed that the financial news is always full of some drama or another. The stock market is skyrocketing. The stock market is diving. The credit world is in meltdown. Savings are in the tank. Inflation is zooming up. The economy is suffering from stagflation.

People are swayed by the news. It creates stress and tension. Even the investment world is always responding to the news, although those folks should know better. In the book, Why Smart People Make Big Money Mistakes, Gary Belsky and Thomas Gilovich cite a Harvard study of investment habits: "Investors who received no news performed better than those who received a constant stream of information, good or bad.

"In fact, among investors who were trading (a volatile stock), those who remained in the dark earned more than twice as much money as those whose trades were influenced by the media."

Their point is that investment decisions should not be made based on the market's most recent gyrations, but on your financial goals and the investment strategy that will achieve them. Really, we needed a study for this piece of common sense? And yet it is common sense that is ignored on the daily.

There will always be something in the news. And the global economy will always be changing. That's life. But does that something new always have an impact on you and your life?

Let's face it, if the whole world is on a high and you've just lost your job, can't make your payments on time, or have just had to leave work because of an illness, all that good news means squat to you. And if the whole world is ready to jump off a bridge and you've got all your ducks in a row, you'll be fine.

Focusing on your personal economy means putting the pieces into place that will protect you and give you some financial room to maneuver. Having clear financial goals helps.

The impact of the global economy is real and can have an impact on your personal economy. Just ask all the folks who have lost jobs, taken pay cuts or had their hours at work cut back.

But if you allow the mind-numbing negative information that flows around you to drive your behavior, you will not be happy. (You do value "happy" as part of your personal economy, right?)

It's good to know what's going on. But it's better not to have to care because you've built a personal economy that can weather the storm.

For more money advice, visit Gail's website at gailvazoxlade.com

$ MONEY'S WORTH

Want to make your personal economy strong?

- Don't spend more money than you make.
- Save something.
- Get your debt paid off.
- Mitigate your risks with an emergency fund and enough insurance.

JOHANNA SCHNELLER
WHAT I'M WATCHING

A hidden heart of gold

THE SHOW: You, Me, Her S1, E2 (HBO Canada)
THE MOMENT: The guilty hooker

Izzy (Priscilla Faia) awakes, hung over. She's a grad student moonlighting as an escort, and she recently made out, separately, with Jack (Greg Poehler) and Emma (Rachel Blanchard), a cute married couple. Because Izzy is a nice escort, she feels guilty about it.

"You're disgusting," she rebukes herself. "You make me sick." She sprints to the toilet and pukes.

Afterward, she gives herself a pep talk in the mirror. "Today is the first day of your life," she says. "You are stripped bare, born anew." Minutes later, she's wearing rubber gloves and scrubbing her apartment.

Izzy (Priscilla Faia) plays an escort/grad student. CONTRIBUTED

I've seen two episodes of this series, and I'm open to it. For sure, the premise is a stretch – Jack, bored, made a date with Izzy, but he couldn't go through with it, and fessed up to Emma. Emma, curious, made her own date with Iz. Now they all like each other. But so far the writing is fresh and the performances charming enough that the show is clicking. What I need to know, though, is the location of this mythical grad school that's chockablock with strippers and hookers.

It's an absurdly common trope for TV shows and movies that want to have it both ways: "Sex sells! Let's make her a sex worker! But not a nasty sex worker — a smart, shiny sex worker!"

What degree does this grad school offer anyway, a PhD-BDSM?

So Izzy has to puke, plus chastise herself, plus strap on the rubber gloves of atonement.

Only then can she get down to work.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro SPORTS

"Looking forward to wearing some red white and blue in Rio": Rickie Fowler took to Twitter to say he'll represent the U.S. at the Olympics

Portugal spoil the party

EURO 2016 FINAL

SUNDAY In Saint-Denis

1	0

Eder is the hero as hosts fail to capitalize on Ronaldo injury

Portugal overcame the loss of injured captain Cristiano Ronaldo to beat France 1-0 in the European Championship final on Sunday, with a goal in extra time from substitute Eder securing their country's first football title.

Just as the final looked destined for a penalty shootout, Eder cut through the French defence and struck a low shot from 25 metres (yards) past goalkeeper Hugo Lloris in the 109th minute at the Stade de France.

Twelve years after losing to Greece on home soil in their last appearance in the final, it was Portugal's turn to spoil the host nation's party. And they achieved it after winning only one of their seven games at Euro 2016 inside 90 minutes, and after losing the inspirational Ronaldo midway through the first half.

"It was tough because we lost our main man and we had all our hopes pinned on him because he's a player who can score a goal at any minute," Portugal defender Pepe said. "When he said he couldn't go on, I tried to tell my teammates that we have to win it for him. That we were going to fight for him." And they did.

Red and green confetti descended from the roof onto Ronaldo and his victorious teammates as supporters of the hosts flooded out of the stadium, denied a third victory on French soil to add to Euro '84 and the 1998 World Cup.

"Football can be very cruel," said Lloris, France's captain. "The overriding emotion is a lot of sadness."

It was a mostly dull and stodgy final but the record books will only show that Portugal went from third-place in its group to champion, and with little help from Ronaldo in its last match.

Portugal's forward Cristiano Ronaldo, centre, lifts the trophy as he celebrates with teammates winning the Euro 2016 final. FRANCISCO LEONG/AFP/GETTY IMAGES

Antoine Griezmann GETTY IMAGES

European football's biggest game lost its biggest name after 25 minutes of a cagey final on the outskirts of the French capital. "Today I had bad luck because I had a small injury in the beginning of the teams, but my colleagues did their part — they run, they fight ... nobody believed in Portugal but we won," Ronaldo said..

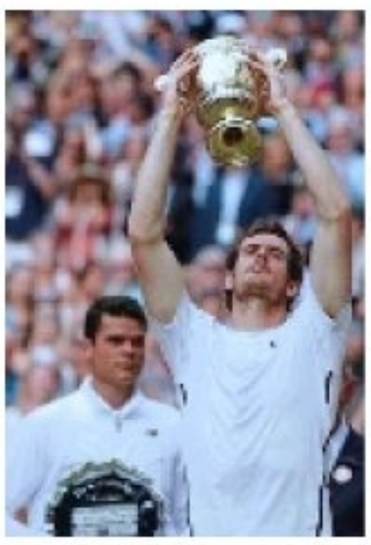
Even France forward Antoine Griezmann, the tournament's leading scorer, couldn't rise to the big occasion. There was no seventh goal of Euro 2016 from the Atletico Madrid forward, who also lost out in the Champions League final six weeks ago to Ronaldo's Real Madrid.

Griezmann was the first player to find the target, buthisa header was tipped over by Rui Patricio, who was formidable in the Portugal goal. When an inviting cross from Kingsley Coman was delivered in the 66th, Griezmann missed with a free header.

Only once was Patricio beaten, when Andre-Pierre Gignac's shot hit the inside of the post but it came back out. Luck was on Portugal's side, and Eder was able to strike the decisive blow.

"It's something unbelievable in my career, something I deserve," Ronaldo said.

THE ASSOCIATED PRESS



Canada's Milos Raonic holds the runner-up plate behind champion Andy Murray. ANDY COULDRIDGE/THE ASSOCIATED PRESS

WIMBLEDON

History eludes Milos as Murray takes title

Milos Raonic battled all match trying to get to a level that was "good enough" to make him Canada's first Grand Slam singles champion.

In the end, he couldn't quite get there. The Thornhill, Ont., product lost in straight sets to Scotland's Andy Murray in the Wimbledon final Sunday in the first major singles championship match to feature a Canadian man.

"That's pretty much the thing you're fighting the most, is to try to find a level that's good enough," Raonic said. "I was keeping up with him but when it counted I wasn't able to get on top."

Murray, the local favourite, topped the 25-year-old Raonic 6-4, 7-6, 7-6 to capture his second Wimbledon title and third major championship.

Raonic, who came into the match on a high after beating Swiss superstar Roger Federer in a five-set semifinal thriller on Friday, had a solid run at this year's tournament.

Eugenie Bouchard of Westmount, Que., is the only Canadian female to play in a Grand Slam singles final. She lost to Petra Kvitova at Wimbledon in 2014. Earlier Sunday however, Canadian teen Denis Shapovalov won the Wimbledon's boys' title, defeating Australia's Alex De Minaur in three sets. The 17-year-old Shapovalov, from Richmond Hill, Ont., bounced back from a 6-4 loss in the first set to take the next two, 6-1, 6-3 respectively.

Serena Williams GETTY IMAGES

Meanwhile, Serena Williams won her record-tying 22nd Grand Slam title by beating Angelique Kerber 7-5, 6-3 in the Wimbledon final on Saturday. Williams pulled even with Steffi Graf for the most major championships in the Open era, which began in 1968.

Serena and sister Venus also won their sixth doubles championship at Wimbledon and 14th as a pair at all Grand Slam tournaments by beating fifth-seeded Timea Babos of Hungary and Yaroslava Shvedova of Kazakhstan 6-3, 6-4.

THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

IN BRIEF

Lang wins women's U.S Open after 3-hole playoff

Brittany Lang won her first career major at the U.S. Women's Open when Anna Nordqvist touched the sand with her club in a bunker for a two-stroke penalty in the three-hole aggregate playoff on Sunday.

The penalty occurred on the second hole of the playoff after officials reviewed replays in the latest controversy at a USGA event. Lang sealed the win with a short par putt on the final playoff hole, while Nordqvist made bogey to lose by three shots. THE ASSOCIATED PRESS

Froome still in yellow as Contador pulls out of Tour

Dutch rider Tom Dumoulin won the toughest Tour de France stage in the Pyrenees with a solo breakaway while Briton Christ Froome held onto the yellow jersey in a hailstorm Sunday.

The ninth stage featured five demanding climbs, including an uphill, beyond-category finish in Arcalis.

Two-time champion Alberto Contador pulled out of the famous race with an illness. THE ASSOCIATED PRESS

Hamilton successful in defending title at home

Defending Formula One champion Lewis Hamilton reeled off his fourth win in five races Sunday at the British Grand Prix.

The Mercedes driver's victory completes a hat trick of consecutive home wins at the British Grand Prix, and is his fourth win on home soil and the 47th of his career.

THE ASSOCIATED PRESS

Canadian men's basketball team falls short of Rio

Canada's men's basketball team saw its dreams of playing in the Rio Olympics dashed. The Canadians lost 83-74 to France in Sunday's heartbreaking final of FIBA's last-chance Olympic qualifying tournament in Manila, Philippines.

Toronto Raptors guard Cory Joseph had 20 points and six assists to lead the Canadians, who were hoping to make their first Olympic appearance since the 2000 Sydney Games.

THE CANADIAN PRESS

RECIPE Corn and Black Bean Couscous

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love mixing the season's fresh ingredients into easy-to-cook grains like couscous. We also like eating these dishes outside with a ice cold beverage.

Ready in
Prep time: 10 minutes
Cook time: 20 minutes
Makes 4 servings

Ingredients
- 1 package couscous, cooked according to package directions
- 4 ears of corn, boiled
- 1 red bell pepper, cored, seeded and diced
- 1 can organic black beans, rinsed and drained
- ½ cup finely chopped red onion
- 1 cup crumbled feta cheese
- 1/3 cup cilantro, finely chopped

Dressing
- 1 tablespoons extra virgin olive oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/4 teaspoon salt

Directions

1. Cut corn kernels from boiled cob. Pour cooked couscous into a large mixing bowl and stir in corn, black beans, red bell pepper and feta.

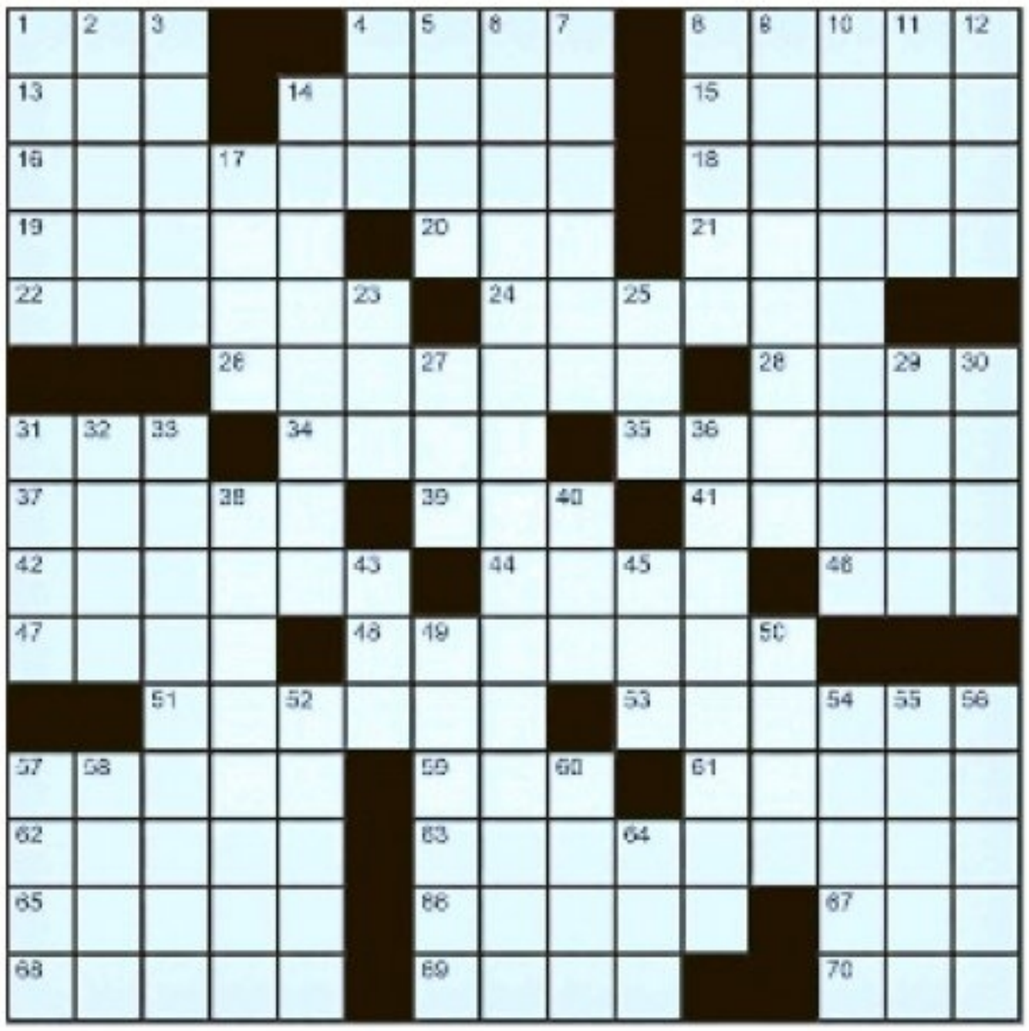
2. Meanwhile, in a small bowl, whisk the olive oil, rice wine vinegar, lime juice and honey. Sprinkle in the salt and stir.

3. Pour dressing over salad and mix to coat couscous. Stir in cilantro. Serve immediately or chill for one hour and serve cold.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Bug
4. Bought - but then taken back to the store [abbr.]
8. Scatter
13. Suffix with 'Chlor'
14. Actress Anne
15. Dried plum
16. Star/composer/creator of the hit musical at #14-Down, __-__ Miranda
18. Ceiling of sorts
19. Levi's material
20. Exec. level
21. Citric and Glycolic
22. Kangaroo logo shampoo
24. "Strut" by Sheena __
26. Detox
28. Pro __ (In proportion)
31. "..._ _ mouse?"
34. __ messaging
35. Eugenie Bouchard's sport
37. Large in scale
39. Street for Freddy
41. Climbing leguminous plant
42. Emergency signals
44. "_!_ bug!"
46. "__ Pilot" by Eric Burdon & The Animals
47. Nautical mile
48. Pancakes cooker
51. Julius Caesar conspirator
53. Ete: English
57. Anew
59. __-mo replay
61. "I Was _ __ War Bride" (1949)
62. Filled
63. Sewing kit item: 2 wds.
65. Full of life
66. Hole-__-__
67. Geog. coordinate
68. Indiana basketballer
69. Edge tool
70. Conductor, __-Pekka Salonen

DOWN
1. Ms. Swinton
2. "Bon voyage!"
3. Actor Mr. Badgley's
4. Stimpy's cartoon co-star
5. __ Secum, Nova Scotia
6. PEI nickname: 3 wds.
7. Ms. Burke's of "Designing Women"
8. Tomato-hitting-the-ground sound
9. Three-pointed-brim hat, variantly
10. Goats and giraffes
11. This '90s Canuck hit's bit: "...I was three inches shorter then..."
12. Drenches
14. Tony-winning musical ...sharing the name of a southern Ontario city
17. Filing abbr.
23. Shoe width
25. Television __
27. Electric guitar, in slang
29. __ tock
30. Hair hues, sometimes
31. Siberian city
32. Madonna song
33. Skilled at gymnastics
36. Assess
38. Fetch, like a 'Golden' dog
40. Club __ (Tropical trips company)
43. __. Pepper (Beatles character)
45. "Constant Craving" singer ms. lang, et al.
49. Moscow's locale
50. TV award
52. Anesthetized
54. Canadian syrup
55. Saint __ Mountains (Range where Mount Vancouver is)
56. Hertz __ Car
57. Rush, office-style
58. Fancy bash
60. The Wizard __ __
64. Compass point

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This will be a challenging Monday, because your home routine will be interrupted in some way. Small appliances might break down, or minor breakages could occur. It could be anything.

Taurus April 21 - May 21
This is an accident-prone day, which means you have to pay attention to everything you say and do. Guard against knee-jerk reactions. Don't be hasty.

Gemini May 22 - June 21
Keep an eye on your money and cash flow, because you might find money; however, you also might lose money! In all cash transactions, check your bill and count your change.

Cancer June 22 - July 23
Your mind is stimulated today, which is why you are intrigued by everything going on around you. But this also might be a nerve-racking day full of little surprises and upsets.

Leo July 24 - Aug. 23
Today your energy is nervous and scattered. Don't worry, because this is a brief influence. Nevertheless, avoid work that requires concentration and attention to detail.

Virgo Aug. 24 - Sept. 23
You might meet somebody new and unusual today. Or possibly, someone you know will do something that surprises you. It's an unpredictable day.

Libra Sept. 24 - Oct. 23
Relations with authority figures could go either way today. They might offer you something new and exciting, or they might say something that upsets you.

Scorpio Oct. 24 - Nov. 22
Travel plans will be canceled, delayed or rescheduled today. Likewise, schedules for higher education (technical schools, colleges and universities) will be changed as well.

Sagittarius Nov. 23 - Dec. 21
Unexpected news that impacts shared property, taxes, debt or inheritances might catch you off guard today. Make sure you get your information right.

Capricorn Dec. 22 - Jan. 20
A conversation with a partner or close friend will have a few surprises for you today. Or perhaps someone will say something that inspires you. It could be anything.

Aquarius Jan. 21 - Feb. 19
Computer crashes, power outages, cancelled meetings and staff shortages are just a few reasons why your work day will be different. But you also might have an exciting change!

Pisces
Feb. 20 - March 20
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social engagements and sports events could be canceled or changed. Hmmm.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3				4	2			
			6		8	1		
						3	4	
	5						6	7
6								2
2	4						8	
	6	1						
		5	1		7			
			8	2				4

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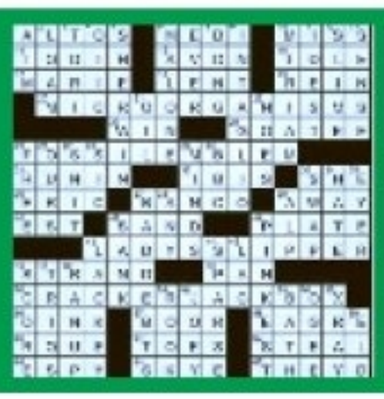
FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



3	4	5	2	9	6	7	8	1
6	2	7	5	8	1	9	3	4
9	1	8	4	3	7	6	2	5
2	6	9	8	1	5	4	7	3
1	7	3	9	2	4	8	5	6
8	5	4	7	6	3	1	9	2
7	3	6	1	5	8	2	4	9
4	9	1	3	7	2	5	6	8
5	8	2	6	4	9	3	1	7

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